

## ABSTRACT

**[0023]** A system and method for monitoring the position of an individual. According to one aspect of the disclosure, one or more position detectors are associated with an individual, so that movement of the individual results in a corresponding movement of the position detector(s). The position detector(s) are monitored to identify such movements. The movements of an individual may be tracked, so that notification may be provided if an individual remains stationary for longer than a predetermined period of time.